

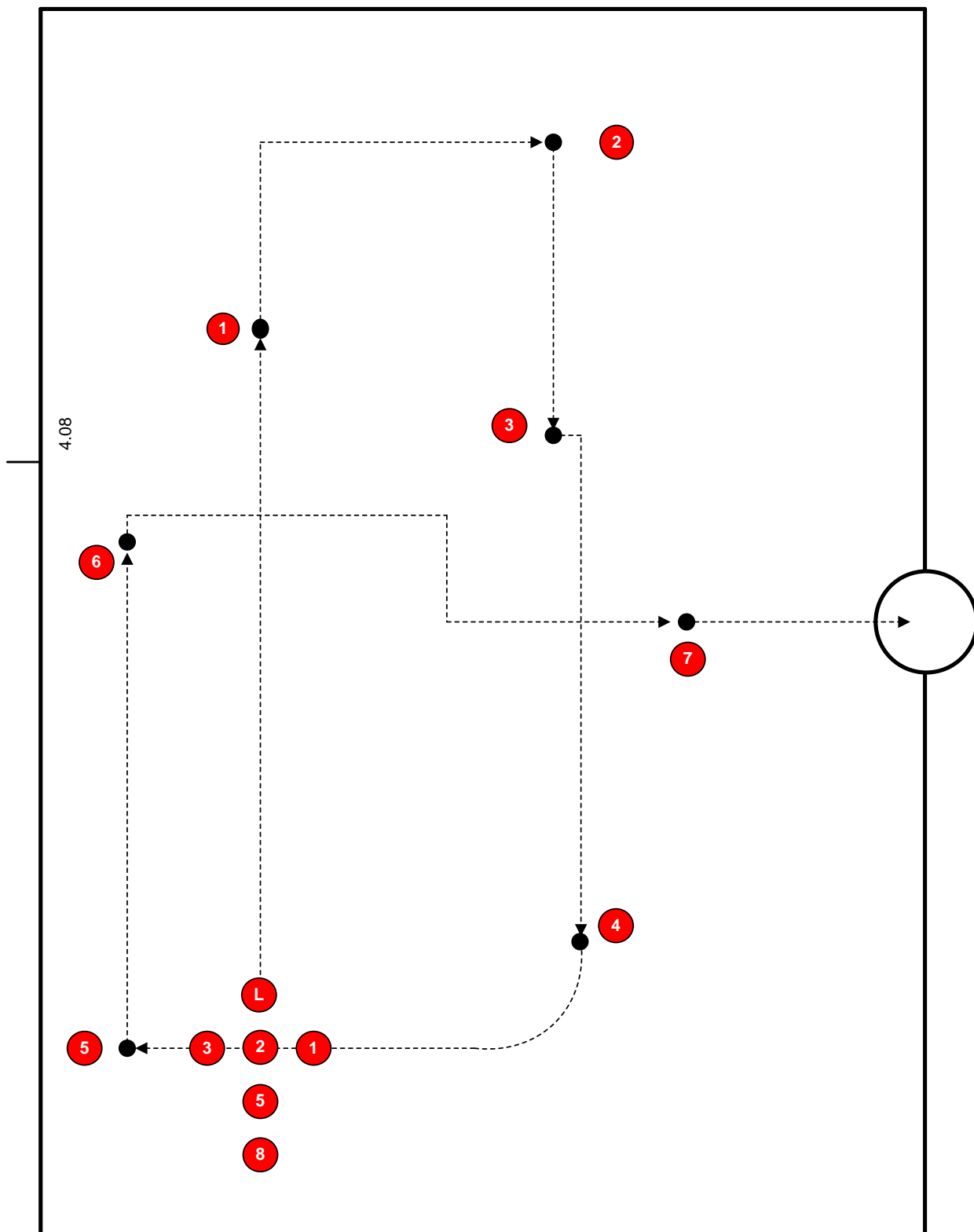
OPEN FREE CHOICE GRADE
SAMPLE MOVEMENTS PLAN (Technical Drill)
- Under 16 Paces -

DISC	MOVEMENT
Start	Quickstep / Compliments
1	Halt / Mark Time Turning To The Right
2	Halt / Pivot Right
3	Countermarch
4	Right Wheel
5	Turn Right / Form Echelon
6	Reform Team
7	Form "V"

Start: On Under 16 discs

Start: By the Centre Quick March

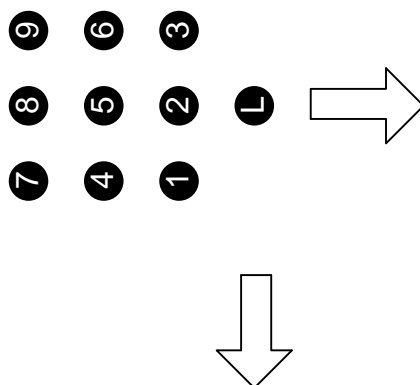
Time: 1 minute 43 seconds (approx.)



QUICKSTEP/COMPLIMENTS:	
Leader	March nine paces, halt, pause two beats saluting and turning head to the right on the first (left) of these beats, march nine paces (left arm at side), halt, pause two beats dropping the salute and turning head to the front on the first (left) of these beats, and step out.
No. 1	March nine paces, halt, pause two beats (left and right beats), march nine paces (arms at sides), halt, pause two beats (left and right beats), and step out.
Nos. 2/3/4/5/6/7/8/9	March nine paces, halt, pause two beats turning heads to the right on the first (left) of these beats, march nine paces (arms at sides), halt, pause two beats turning heads to the front on the first (left) of these beats, and step out.
All Members	Including the step out pace on the LEFT foot, march SEVEN to bring the Leader's LEFT foot onto Movement 1.

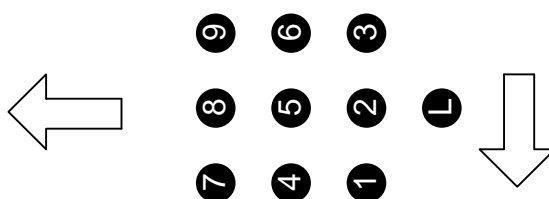
MOVEMENT 1 – HALT / MARK TIME TURNING TO THE RIGHT:

All Members	Halt, march seven paces, halt, mark time six beats turning evenly 90 degrees to the right and step out
All Members	Including the step out pace on the LEFT foot, ELEVEN paces will be taken to bring the Leader's LEFT foot onto Movement 2



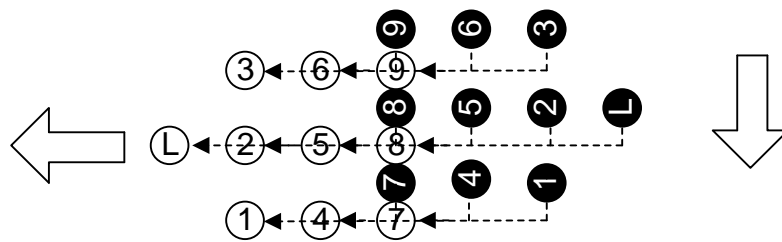
MOVEMENT 2 – HALT / PIVOT RIGHT:

All Members	Halt, pivot 90 degrees to the right on the ball of the left foot, pause one beat and step out
All Members	Including the step out pace on the LEFT foot, ELEVEN paces will be taken to bring the Leader's LEFT foot onto Movement 3.



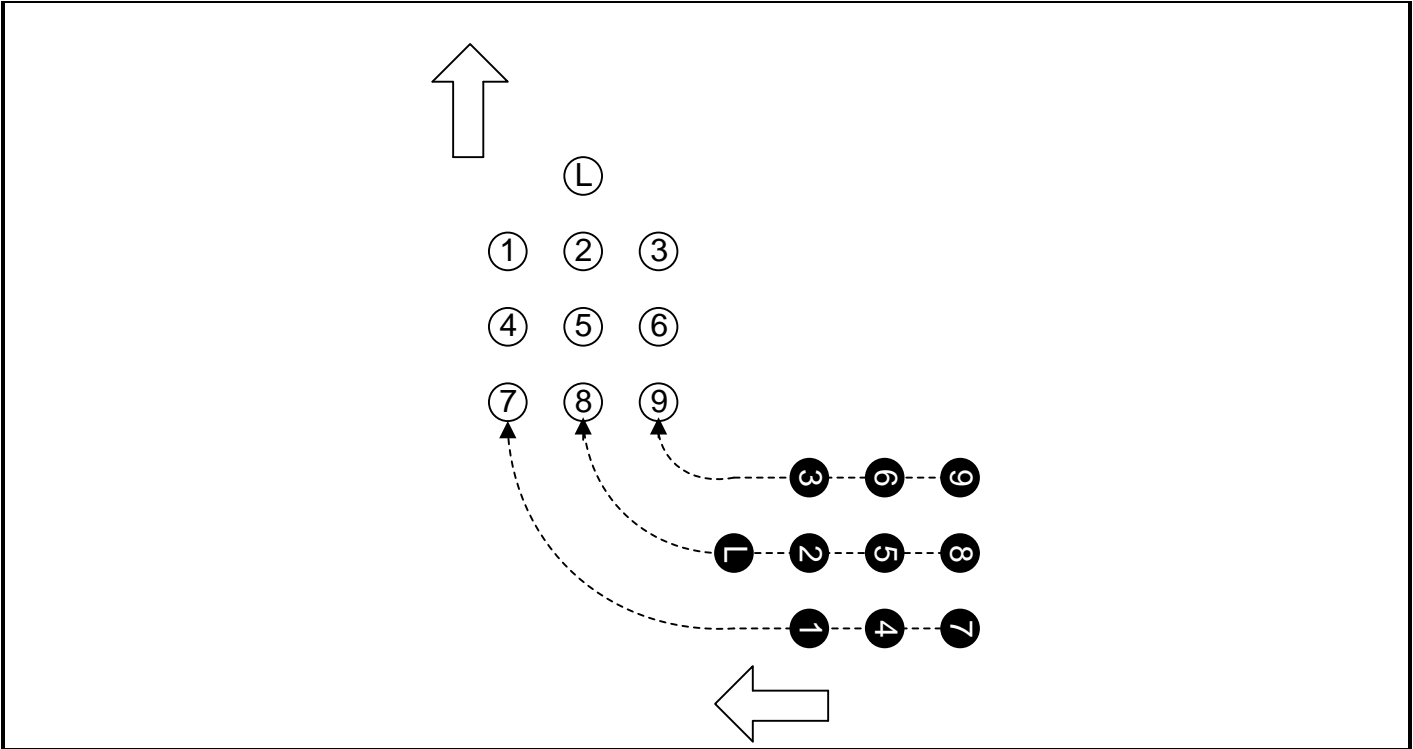
MOVEMENT 3 - COUNTERMARCH:

All Members	Halt
Leader	Take one side pace to the left, march twelve paces, mark time eight beats and step out
Nos. 1/2/3	Mark time six beats, take one side pace to the left, march eight paces mark time six beats and step out
Nos. 4/5/6	Pause six beats, mark time six beats, take one side pace to the left, march four paces, mark time four beats and step out
Nos. 7/8/9	Mark time six beats, pause six beats, mark time six beats, take one side pace to the left, mark time two beats and step out
All Members	Including the step out pace with the LEFT foot, SEVEN paces will be taken to bring the Leader's LEFT foot onto Movement 4.



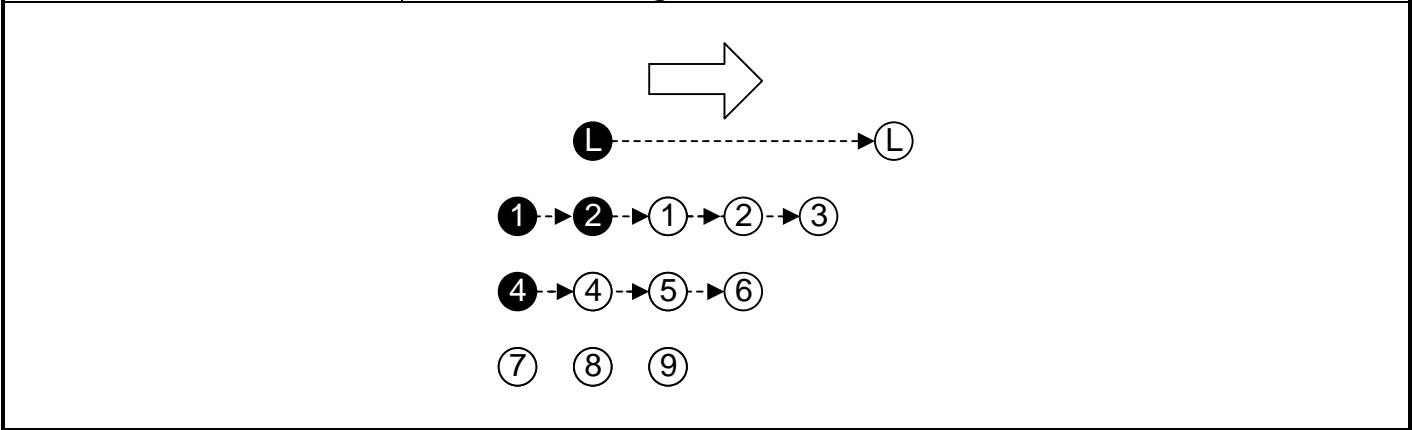
MOVEMENT 4 - RIGHT WHEEL:

All Members	Halt
Leader	March ten regulated paces to wheel 90 degrees to the right (radius four paces), turning head to the right on completion of the whistle signal, and turning head to the new front on completion of the tenth regulated pace and step out
Nos. 1/2/3	March two paces, turning heads on completion of the second pace (No. 3 to the left, Nos. 1 & 2 to the right) march ten regulated paces to wheel 90 degrees to the right (radius – No. 3 two paces, No. 2 four paces, No. 1 six paces) and turning heads to the new front on the completion of the tenth regulated pace and step out.
Nos. 4/5/6	March four paces, turning heads on completion of the fourth pace (No. 6 to the left, Nos. 4 & 5 to the right) march ten regulated paces to wheel 90 degrees to the right (radius – No. 6 two paces, No. 5 four paces, No. 4 six paces) and turning heads to the new front on the completion of the tenth regulated pace and step out.
Nos. 7/8/9	March six paces, turning heads on completion of the sixth pace (No. 9 to the left, Nos. 7 & 8 to the right) march ten regulated paces to wheel 90 degrees to the right (radius – No. 9 two paces, No. 8 four paces, No. 7 six paces) and turning heads to the new front on the completion of the tenth regulated pace and step out.
All Members	Including the step out pace with the LEFT foot, THIRTEEN paces will be taken to bring the Leader's LEFT foot onto Movement 5.



MOVEMENT 5 – TURN RIGHT / FORM ECHELON:

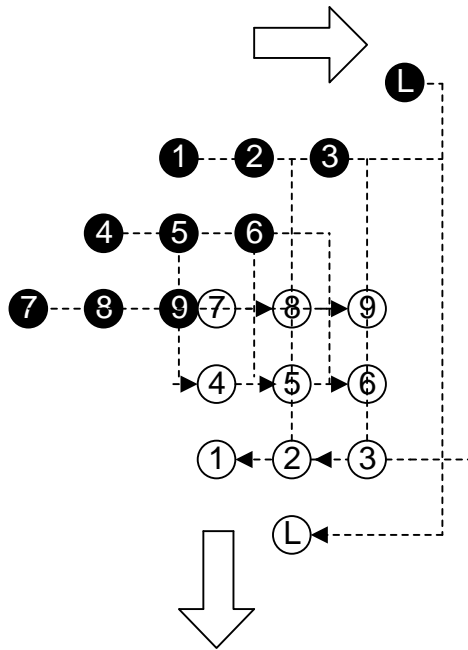
All Members	Halt, mark time six beats turning evenly 90 degrees to the right
Leader	March four paces (arms at sides,) march four paces and step out
Nos. 1/2/3	Mark time four beats, march four paces and step out
Nos. 4/5/6	Mark time six beats, march two paces and step out
Nos. 7/8/9	Mark time eight beats and step out
All Members	Including the step out pace with the LEFT foot, ELEVEN paces will be taken to bring the Leader’s LEFT foot onto Movement 6.



MOVEMENT 6 – REFORM TEAM:

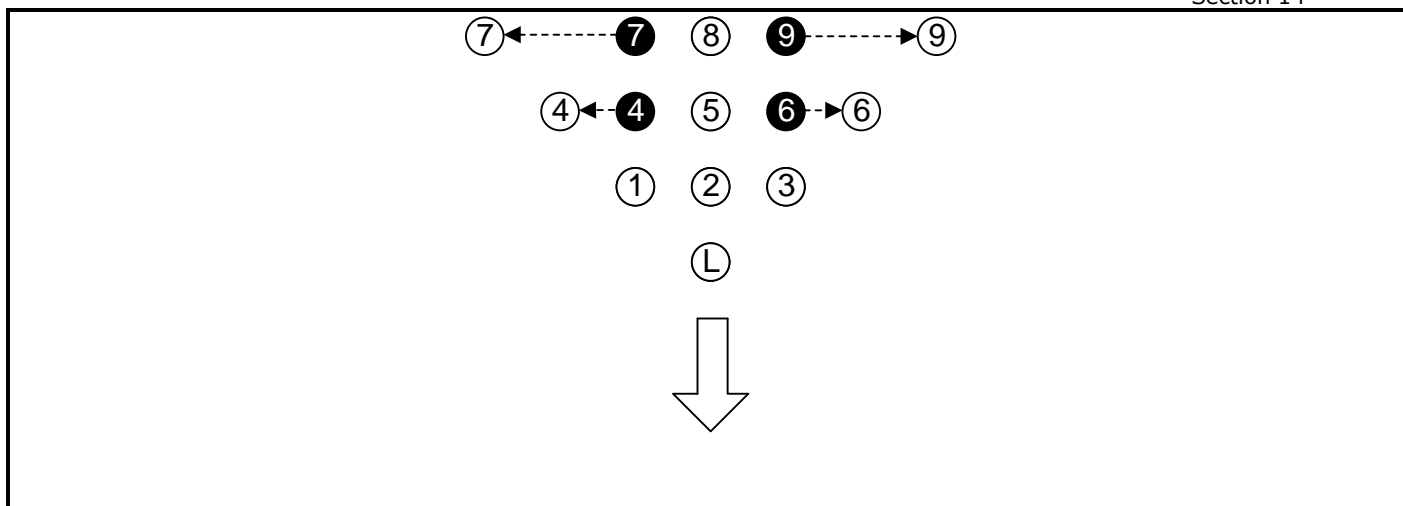
Leader	March one pace, mark time three beats
Nos. 1/2/3	March three paces, mark time one beat
Nos. 4/5/6	March two paces, mark time two beats
Nos. 7/8/9	March one paces, mark time three beats
All Members	Pivot 90 degrees to the right on the ball of the left foot
Leader	March seven paces, mark time one beat, pause two beats
Nos. 1/2/3	March eight paces, take one side pace to the left
Nos. 4/5/6	March four paces, mark time four beats, take one side pace to the left
Nos. 7/8/9	Mark time eight beats, take one side pace to the left

Leader	March five paces (arms at sides), halt, pivot 90 degrees to the right on the ball of the right foot and march four paces (arms at sides), pivot 90 degrees to the left on the ball of the right foot and step out
Nos. 1/2/3	Mark time six beats, pivot 90 degrees to the right on the ball of the right foot and march three paces (arms at sides), left turn and step out
Nos. 4/5/6	Mark time five beats, pause five beats and step out
Nos. 7/8/9	Mark time six beats, pivot 90 degrees to the left on the ball of the right foot and march three paces (arms at sides), off step right turn and step out
All Members	Including the step out pace with the LEFT foot, NINE paces will be taken to bring the Leader's LEFT foot onto Movement 7.



MOVEMENT 7 – Form “V”:

All Members	Halt
Leader & Nos. 1/2/3/5/8	Mark time twelve beats
No. 4	Take two side paces to the right, moving the right foot on the left beat, pause six beats, mark time two beats
No. 6	Take two side paces to the left, pause six beats, mark time two beats
No. 7	Take four side paces to the right, moving the right foot on the left beat, pause two beats, mark time two beats
No. 9	Take four side paces to the left, pause two beats, mark time two beats



All Members	Including the step out pace with LEFT foot march NINE paces and halt, (which should bring the Leader into the centre of the circle).
Leader	Pause eight beats saluting on the third paused beat and dropping the salute on the sixth paused beat, left turn and step out
Nos. 1/2/3/4/5/6/ 7/8/9	Pause eight beats, left turn and step out

NOTES:

1. There will be no whistle signal to indicate the final halt.
2. The left turn executed to march off the competition area is optional, but must not exceed four beats.
3. The team must march directly off the competition area and must not halt or disband until well clear of the side boundary.